



Cervical Cancer and HPV Awareness Month Toolkit

January 2021



January is Cervical Cancer Awareness Month

Cervical Cancer Awareness Month is an annual observance held throughout the month of January. It is intended to raise awareness of cervical cancer and to educate about its cause, prevention, diagnosis, treatment, survivorship and cure. In 2017, approximately 12,831 women were diagnosed with cervical cancer (Centers for Disease Control and Prevention [CDC], 2020). January is also an opportunity to support those affected by cervical cancer.

Radio Ads

January is cervical cancer awareness month. Preventing cervical cancer is possible. As a woman, getting regular screenings starting at age 21 is key to prevention. If you have a family history of cancer or other risk factors, talk with your doctor about how often to get screened. Free screenings are available, call Wyoming Cancer Resource Services at {phone number} for more information. Wyoming Cancer Resource Services is funded by the Wyoming Department of Health.

American Indians and Alaska Natives are three times more likely to die of cervical cancer than members of all other races in the United States combined. Preventing cervical cancer is possible. As a woman, getting regular screenings starting at age 21 is key to prevention. If you have a family history of cancer or other risk factors, talk with your doctor about how often to get screened. Free screenings are available, call Wyoming Cancer Resource Services at {phone number} to see if you qualify. Wyoming Cancer Resource Services is funded by the Wyoming Department of Health.

Every year, men and women get HPV-related cancers that could have been prevented by a vaccine! Getting your child vaccinated can protect them from common HPV related cancers. The vaccine is most effective for children ages 11-12. Talk to your doctor about the HPV vaccine. Be confident in your choice to vaccinate your child. For more information, contact the Wyoming Cancer Resource Services at {phone number}. The Wyoming Cancer Resource Services is funded by the Wyoming Department of Health.

Print Ads



Have you gotten your
cervical cancer screening?

Contact the Wyoming Cancer Program
for more information at 1.800.264.1296.

122 West 25th St., 3rd Floor West · Cheyenne, WY 82002 · 1.800.264.1296 · wdh.cancerservices@wyo.gov · www.health.wyo.gov/cancer

Preventing cervical
cancer is possible through
regular screenings and
getting the human
papillomavirus (HPV)
vaccine.

- At age 21, women should begin receiving Pap tests every 3 years.
- At age 30, women should receive a Pap test with HPV test every 5 years, an HPV test every 5 years or a Pap test every 3 years until age 65.
- Pre-teen boys and girls should receive the 2-dose HPV vaccination for ages 9-14, or the 3-dose vaccination for ages 15-26.



Social Media Posts

Cervical Cancer Screening Messages

The most important thing you can do to help prevent cervical cancer is to have regular screening tests starting at age 21. Read about some ways you can reduce your risk of cervical cancer here: <http://bit.ly/2yNSCKq>

Two screening tests can help prevent cervical cancer or find it early: the Pap test and the HPV test. Read more about these screening options: <http://bit.ly/2zMCHAX>

Remember to get screened for cervical cancer! Early detection is associated with survival and quality of life <http://bit.ly/2xglT4C>

Think you know all there is to know about cervical cancer? Test your knowledge about cervical cancer and other gynecologic cancers with this CDC quiz. The answers may surprise you! <http://bit.ly/2zLSPpm>

Confused about signs and symptoms of cervical cancer or other gynecologic cancers? This chart from CDC's Inside Knowledge campaign can help you listen to your body: <http://bit.ly/2hY5eMo>

A Pap test is a cervical cancer screening test that looks for cell changes to the cervix that might become cervical cancer if they are not treated appropriately. Receiving an abnormal Pap test result does not usually mean you have cancer. Learn more: <http://bit.ly/2iygt1n>

A survivor's advice on #cervicalcancer: "Get your Pap smear regularly. It really can save your life." <http://1.usa.gov/1WMPECS>

HPV Messages

Each year, more than 12,000 people in the United States get cervical cancer, but it can be prevented by getting an HPV vaccine, visiting your doctor for a Pap test when recommended and not smoking. Find out more: <http://bit.ly/2zBjnpd>

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another. Learn more about HPV and other risk factors for cervical cancer: <http://bit.ly/2PY9LRu>

Who should get the HPV vaccine and why is it important? Find the answer to this and more: <http://bit.ly/2QLi6oJ>

As parents, you do everything you can to protect your children's health now and in the future. Today, there's a strong weapon to prevent several types of cancer in your kids. Find out more: <http://bit.ly/2zAfRLV>

Attention clinicians! CDC and partners, including the American Academy of Pediatrics, recommend HPV vaccination of both girls and boys receiving two doses starting at ages 9-14 and three doses for ages 15-26. Read more: <https://www.cdc.gov/hpv/parents/vaccine.html>

More than 12,000 people get cervical cancer every year. Up to 93% of cervical cancers are preventable. HPV vaccination helps prevent infection with the HPV types that cause most cervical cancers. Learn more: <https://www.cdc.gov/hpv/parents/vaccine/six-reasons.html>

Current vaccination and screening recommendations for cervical cancer include that both girls and boys receive two doses of the HPV vaccine between ages 9-14 and those between ages 15-26 should receive three doses of the vaccine. Learn more: <http://bit.ly/2z5UISX>

Clinicians: Need some guidance on addressing common questions about the HPV vaccine? This document of tips and timesavers can help: <http://bit.ly/HPVTipsTimesavers>

Clinicians: Did you know that 9-14 year olds only need two doses of the HPV vaccine for it to be effective? Get the latest info from this handy CDC decision tree: <http://bit.ly/2zvdI5p>

Parents: Have you vaccinated your kids so they can lead healthy and full lives? Your doctors may have already talked to you about the Tdap vaccine to prevent tetanus, diphtheria, and pertussis (whooping cough) and the flu shot to prevent influenza. Did you know that the HPV vaccine is recommended to prevent cervical and HPV-associated cancers? Find out more about recommended immunizations for children from 7-18 years old here: <http://bit.ly/2TfY07I>

Clinicians: What can you do to ensure your adolescent patients are fully vaccinated? Here is a factsheet for vaccine recommendations, including the HPV vaccination, to protect patients against cervical cancer: <http://bit.ly/2A0Adzq>

Wyoming's Vaccines for Children program covers HPV and other vaccine costs for kids/teens that are uninsured, underinsured, or eligible for Medicaid. Click [here](#) for more information.

Wyoming is ranked lowest in the country for children getting one dose of the HPV vaccine. This is 53.1% of children who are not vaccinated. To find a provider to vaccinate your children, click [here](#).

The number of head and neck cancers related to HPV has surpassed the number of cervical cancers diagnosed. <https://www.cdc.gov/features/hpvvaccineboys/index.html>

The number of head and neck cancers diagnosed in men is higher than women. Boys need to be vaccinated too. <https://www.cdc.gov/features/hpvvaccineboys/index.html>

Videos

Knowledge is Power: Cervical Cancer <https://www.youtube.com/watch?v=fXwvdN4XnKU>

Preventing Cervical Cancer in the 21st Century: Public Health Grand Rounds <https://www.youtube.com/watch?v=i9Lqv97UMGE>

Preventing Cervical Cancer in the 21st Century: Beyond the Data <https://www.youtube.com/watch?v=mEmi0sMwFro>

Prevent Cervical Cancer with the Right Test at the Right Time

Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- ① The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- ② The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.

HPV is the main cause of cervical cancer.

- ① HPV is a very common virus, passed from one person to another during sex.
- ② Most people get it, but it usually goes away on its own.
- ③ If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!

Have your 1st Pap test when you're **21**

If your test results are normal, you can wait 3 years for your next Pap test.

HPV tests aren't recommended for screening women under 30.

When you turn 30, you have a choice:

- If your test results are normal, get a Pap test every 3 years.
- OR
- Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

- ① You're older than 65 and have had normal Pap test results for many years.
- ② Your cervix was removed during surgery for a non-cancerous condition like fibroids.

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).

No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.

More information about cervical cancer: www.cdc.gov/cancer/cervical/

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

Current vaccination and screening recommendations

Use HPV Vaccination

Vaccinate both girls and boys ages 11 to 12 against HPV

- Girls and boys have the best protection when they receive all doses as recommended before they are exposed to HPV.
- Girls ages 13-26 and boys ages 13-21 should get the vaccine if they have not received it already.

Screen Women for Cervical Cancer

Use Pap tests every 3 years for women ages 21-29

- Doctors or nurses collect cells for the Pap test during an exam.
- The Pap test can find abnormal cells that may develop into cancer, if left untreated.

Choose 1 of 2 options for women ages 30-65

Doctor and patient decide together which screening approach is preferred:

- 1) Pap test every 3 years, or;
- 2) Pap test plus HPV test every 5 years. The HPV test can find the HPV virus by testing cells collected at the same time as a Pap test.

Additional recommendations:

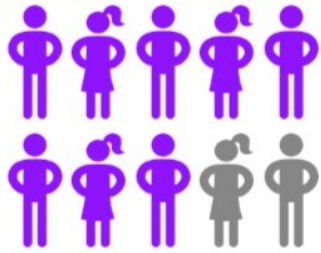
- Women should get screened as recommended. More frequent screening does not provide more protection.
- Some women may need a different screening schedule because of their health history.
- Women over age 65 should ask their doctor if they need to continue screening.
- Women should talk with their doctors and nurses to understand their screening results.
- Women who had the HPV vaccine should still start getting screened when they reach age 21.

SOURCES: Advisory Committee on Immunization Practices and US Preventive Services Task Force.

Infographics

6 REASONS TO GET THE HPV VACCINE FOR YOUR CHILD

1 HPV is a common virus that affects men and women



80%

of people will get an HPV infection in their lifetime

Most HPV infections will go away on their own. Infections that don't go away can cause precancers and cancers.

2

HPV vaccine works

↓ 86%

drop in HPV infections, among teen girls, that cause cancers and genital warts.

3

HPV vaccine prevents cancer

32,000



More than 32,000 cases of cancers each year could be prevented with HPV vaccination.

That's the average attendance for a baseball game.

4

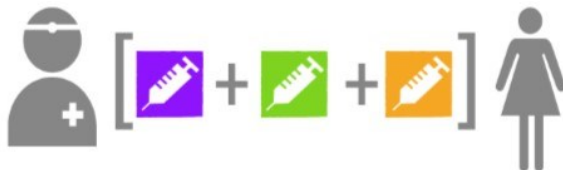
Preventing cancer is better than treating it



HPV infections can cause six types of cancer, but doctors only routinely screen for cervical cancer. The other five types may not be detected until they cause health problems.

5

Your child can get the HPV vaccine when they receive the other preteen vaccines



Three vaccines are recommended for 11-12 year olds to protect against the infections that can cause meningitis, HPV cancers, and whooping cough.

6

Preventing cancer is easier than ever before



Data now shows 2 doses of HPV vaccine provide similar protection to 3 doses, when given before the 15th birthday

6 OUT OF 10 parents are choosing to get the HPV vaccine for their children.

Talk to your child's doctor about HPV-related cancer prevention.



5 REASONS



TO GET YOUR CHILD THE HPV VACCINE

80% of people will get
HPV in their lifetime

HPV vaccine **decreases** chance of infection

The HPV vaccine **IS** cancer prevention

The HPV vaccine can be given **with**
other school-required vaccines

Only **2 doses** are needed when given before the 15th birthday



What's your HPV IQ?

Human papillomavirus (HPV)

HPV can infect both men and women. Talk to your doctor today about testing for HPV.

HPV causes cancer including cervical, vaginal, vulvar, penial, anal, and head and neck cancers.

80% of people will get HPV in their lifetime (CDC).

79 million Americans, most in their late teens and early 20s are infected with HPV (CDC).

The HPV vaccine is cancer prevention.

The HPV vaccine is most effective when given between the ages of 11-26.



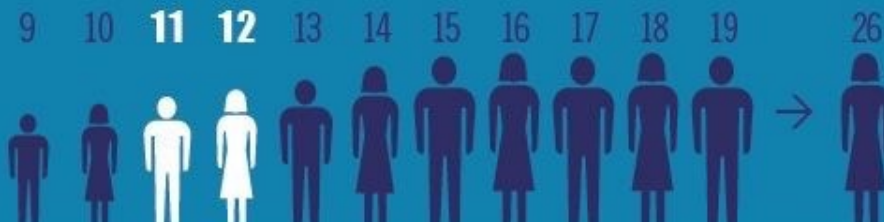
Wyoming
Department
of Health

If you need financial assistance with cancer screenings, contact the Wyoming Cancer Program at 1.800.264.1296 or visit health.wyo.gov/cancer.



HPV VACCINE IS BEST AT 11-12 YEARS

Preteens have a higher immune response to HPV vaccine than older teens.



While there is very little risk of exposure to HPV before age 13, the risk of exposure increases thereafter.

VACCINEIQ

HPV VACCINE

Preventing cancer-causing infections in boys & girls

Recommended



1st Dose

11-12 years old

2nd Dose

6-12 months after 1st



Earliest age to receive vaccine is **9** years old

If vaccinated after 15th birthday: **3** doses within **6** months



80% of people will get an HPV infection

Vaccine prevents **6** types of cancer caused by infections

S SABIN
VACCINE INSTITUTE

HPV Vaccine Facts

for boys and girls

Every year **31,500** women and men in the U.S. develop HPV-related cancer.

The newest HPV vaccine protects against 9 HPV types and **6** kinds of cancer.

90% of genital warts, 74% of all HPV cancers, and 81% of cervical cancers are prevented by the vaccine.

In the U.S., **79 million** are currently infected with HPV. Half of all new infections are in boys and girls aged 15-24.

Up to **80%** of sexually active individuals have had HPV. Safer sex practices like condoms and monogamy do not fully protect against HPV.

11-12 years is the optimal age for the vaccine because antibody production is highest, and it should be given long before any sexual contact to be most protective.

